

Curriculum Vita

Name: Shani Robins, Ph.D.

Date of Birth: 7/2/66

Citizenship: U.S. citizen

Place of Birth: Israel

E-mail Address: srobins@itp.edu

Phone #: (858) 361-3403

www.itp.edu

Professional Address:

Institute of Transpersonal Psychology
& Stanford University

P.O. Box 20408 Stanford, CA 94309

Wisdom Therapy Institute

438 Cambridge Ave, Palo Alto, CA 94306

- Career Focus:**
- Professor of Clinical Psychology: University Teaching, Research, and Practice
 - Organizational Consulting: Workplace applications of Emotional Intelligence & Wisdom
 - Intervention outcome evaluations in the community and organizational settings
 - Academic Affiliation: Stanford University, U.C. Berkeley; ITP
 - Pioneered Wisdom Therapy: Theory, Research, and Corporate Applications
 - Founder & Director of the Wisdom Therapy Institute, (www.wisdomtherapy.com)
 - Providing Clinical Supervision for pre- and post-doctoral candidates

Education and Certifications

<u>Institution</u>	<u>Degree</u>	<u>Date Completed</u>	<u>Academic Field</u>
University of Massachusetts Medical School	Instructor Certification	In progress	Mindfulness Based Stress Reduction (MBSR)
California State Board of Psychology	Clinical License	2002	Clinical Psychology
California School of Professional Psychology, San Diego	Ph.D. Respecialization	2002	Clinical Psychology
University of California, Irvine	NIMH Fellow	1999	Emotion-Cognition Research
University of California, Santa Barbara	Ph.D.	1997	Cognitive Experimental Psychology
University of California, Berkeley	Scholar Exchange	1995	Visiting Research Fellow
University of California, Santa Barbara	M.A.	1993	Cognitive Experimental Psychology
University of California, Los Angeles	B.A.	1989	Psychology (Highest Honors) Minor: Philosophy

Professional Affiliations

	<u>Years</u>
• American Psychological Society	1991-2008
• American Psychological Association	1990-2008
• Association for Humanistic Psychology	1999-2008
• American Association for the Advancement of Science	1996-2008
• Psi Chi - Psychology Honors Society	1988-2008

Employment Experience

Assistant Professor

2003-2008

Institute of Transpersonal Psychology

Ph.D. Level Courses

- Clinical Practicum for Graduate Students
- Wisdom Therapy: Theory, Research, Practice
- Dissertation Research Methods
- Cognitive Psychology
- Neuroscience
- Qualitative Research Methods
- Positive Psychology

Overload Teaching

Cognitive-Behavioral Therapy
(new course advanced clinical skills)

2008

Transpersonal Theory (Global Program)

2008

Lecturer – University of California, Berkeley

2006 - 2008

- Wisdom Therapy: Theory, Research, Practice
7-Hour CEU course for Psychologists and MFT's

April, 2008
November, 2007
April, 2006

Lecturer – Stanford University Medical School

2004 - 2008

- Wisdom Therapy: Reducing Anxiety and Anger at Home
and at Work. Given for Stanford and Palo Alto community.

1-Day Course

Spring, 2008

1-Day Course

Fall, 2007

6-week Course at Stanford University Medical School's
Health Improvement Program

Winter, 2006

6-week Course at Stanford University Medical School's
Health Improvement Program

Spring, 2005

6-week Course at Stanford University Medical School's
Health Improvement Program

Fall, 2004

Lecturer – European Center For Transpersonal Psychology

Summer 2005

- Wisdom Therapy: Reducing Anxiety and Anger at Home and at Work
7 Hour CEU Workshop for graduate students and psychologists

Professor Adjunct

1999 – 2003

California School of Professional Psychology,-San Diego at Alliant University

Ph.D. Level Courses

- Consulting Psychology Research Project – Dissertation Seminar
- Adult Lifespan & Career Development
- Integrative Psychology - Unifying the field of Psychology
- Philosophical Foundations of Ethical Decision Making in the Practice of Psychology
- Emotional Intelligence
- Wisdom Cross-cultural Traditions & Wisdom Therapy (In Preparation)
- Positive Psychology (In Preparation)

Lecturer - University of California, Irvine

1998 – 1999

Courses

- Emotion, Cognition, and Adaptation
- Human Stress & Coping

National Institute of Mental Health (NIMH)

1997 – 1999

Postdoctoral Research Fellow
University of California, Irvine

Lecturer - California State University Long Beach

1997 – 1998

Course

- Cultural Influences on Human Development

Lecturer - University of California, Santa Barbara

1996 – 1997

Course

- Research Methods

Clinical Psychology Postdoctoral Intern

2001 - 2002

Cognitive Therapy Institute, San Diego, CA

Clinical Psychology Postdoctoral Intern

2000 – 2002

Scripps Clinic, LaJolla, California
Outpatient clinical and research division of Mental Health

Clinical Facilities Consultant

Co-founder of the Olive Leaf Institutes of Los Angeles
Four facilities for adults with developmental disabilities

1995 - 2008

Teaching Assistant (UCSB)

1989 - 1996

Courses

- Abnormal Psychology
- Cognition & Emotion
- Research Methods
- Statistics
- Cognition & Psycholinguistics
- Developmental Psychology
- Educational Psychology
- Introductory Psychology
- Cognitive Psychology & Cognitive Lab

Research Assistant

- Psychology Department (UCSB) 1994 - 1996
- NeuroPsychiatric Institute (UCLA) 1988 – 1989

Tutor

1985 - 1996

Psychology, Mathematics, Statistics, Writing, at UCLA
UCSB, UCLA, Cal State Northridge, L.A. Valley College.

Research Interests:

- An interdisciplinary approach to conceptualizing the life-span development of wisdom and its applications in organizational settings
- Ongoing development of wisdom related cognitive-behavioral clinical interventions to address anger, violence, & anxiety. Conducting outcome evaluations to test intervention effects.
- Cognitive re-framing and re-appraisal effects. Metaphor as a tool for re-framing.
- Transfer of learning through analogy and metaphor in everyday reasoning & problem solving.
- Interdisciplinary and integrative approaches to Psychological research and practice. Systems theory approaches to theory and interventions.
- Implications of wisdom development to organizational performance, decision making, and conflict resolution.

Teaching Interests:

Clinical Psychology, Clinical Supervision, Cognition & Emotion, Life-span Development, Human Stress & Coping, Psychology of Wisdom, Evolutionary Psychology, Cognitive Therapy, History and Systems in Psychology, East/West Psychology, Research Methods, Statistics, Integrative Psychology, Personality Theory, Introduction to Psychology.

Other Interests

Philosophy, quotes/parables/proverbs, puzzles, chess, GO, racquetball, rollerblading, marathon running, meditation, mountain biking, skiing, salsa and ballroom dancing, piano, literature, tennis, martial arts, comedy, sketching, scuba diving.

Publications

Zappala, C. & Robins, S. (2008). The Effects of Ego Development on Well Being and Happiness and Their Interactions with External Conditions.

Arana, D. & Robins, S. (2008). Mindfulness Meditation in MBSR and its affects on Social Anxiety Disorder. Manuscript in preparation.

Butlein, D. & Robins, S. (2008). The Impact of Spiritual Awakening on Psychotherapy: A Comparison of Enlightened and Normal Psychotherapists. Manuscript in preparation.

Robins, S. & Robins, M. (2008). Lifespan development of adults with autism: Environmental conditions and caregiver dispositions that facilitate the development of high functioning autistic adults. Journal Manuscript in Preparation.

Robins, S. (2008). Wisdom Therapy: An Interdisciplinary Model for Facilitating Wisdom and Clinical Change. Manuscript in preparation.

Robins, S. (2008). Wisdom Therapy: Identifying Wisdom Components Through Intervention Outcomes. Manuscript in preparation.

Robins, S. (2008). Psychological Disorders. In Frager, R. (Ed), Textbook: Introductory Psychology: A Transpersonal Perspective. Manuscript in preparation.

Trakhtenberg, E. & Robins, S. (2008). Subjective Well Being Survival Model: A Theoretical Inquiry. Theory and Psychology (Manuscript accepted with changes).

Robins, S. (2002). Emotional Intelligence and Organizational Consulting. In Lowman, R. (Ed), Handbook of Organizational Consulting Psychology. John Wiley & Sons, Inc.

Robins, S. & Novaco, R. (2000). Anger control and health promotion. In Mostofsky, D. & Barlow, D. (Eds), The Management of Stress and Anxiety in Medical Disorders. Allyn & Bacon Publication.

Robins, S. & Novaco, R. (1999). A Systems conceptualization and treatment of anger. Journal of Clinical Psychology, 55 (3), 325-337.

Robins, S. & Mayer, R. E. (1999). The Metaphor Framing Effect: Metaphorical reasoning and problem solving in everyday dilemmas. Discourse Processes, 30(1), pp. 57-86.

Robins, S. (1996). The metaphor framing effect: The influence of metaphorical reasoning on everyday decision-making. (Doctoral dissertation, University of California, Santa

Barbara, USA, 1996). Dissertation Abstracts International: 58 (n3-B), 1557. University Microfilms No. AAM9724591.

Robins, S. & Mayer, R. E. (1993). Schema formation in analogical reasoning. Journal of Educational Psychology, 85(3), 529-538.

Dissertations Chairing (Current)

Drew Krafcik	(Wise Individuals – their characteristics, decisions, and actions)
Aneel Chima	(Wisdom and Spirituality in Leadership)
Gary Aurbach	(Wisdom Therapy and Gratitude - efficacy for Grief population)
David McCulloh	(Wisdom Therapy efficacy for antisocial and chemical dependency population)
Kelly Yi	(Mindfulness and well-being)

Dissertations Chaired (Completed)

Kait Philbin	Yoga efficacy for Grief and Bereavement
Cirino Zappala	Happiness and well-being at different stages of ego development
Mark Yaslow	PTSD in the grandchildren of holocaust survivors
Denise Arana	Mindfulness Meditation and Social Anxiety
David Butlein	How enlightened psychotherapists practice
Elizabeth Topp	Transpersonal coaching for organizational employees

Technical Reports

Robins, S. (2002). Evaluation of On-line iLS Training Courses: Their Outcomes, predictor variables, and implications to the future of e-learning. Report submitted as part of a consulting project to Cadence Design Systems, San Jose, California.

Web Sites

Robins, S. (2002). Institute for Wisdom Therapy (www.wisdomtherapy.com). Center and information hub for Wisdom Therapy, Psychological services and consulting, and general links for the research and practice of Psychology.

Robins, S. (2002). Center for Integrative Psychology (www.integrativepsychology.net). Developed this central hub for Integrative Psychology, information for psychological practice and research, and the Masters Program, Emphasis in Ph.D. & Psy.D., at the California School of Professional Psychology at Alliant University.

In Preparation

Robins, S. (In preparation). Wisdom Therapy: Theory, Research, and Practice. Book manuscript.

Robins, S. & Kurzban, R. (In preparation). Mapping Evolutionary Psychology Primitives to Clinical Diagnostic Categories. Journal manuscript in preparation.

Robins, S., Kurzban, R., & Pinker, S. (In Preparation). Identifying the Source Domains of Metaphors from the Primitives of Evolutionary Psychology. Journal manuscript in preparation.

Robins, S. (In preparation). Wisdom related cognitive appraisal and its influence on emotion, adaptive problem solving, and health. Journal manuscript in preparation.

Robins, S. (In Preparation). The Robins Wisdom Inventory. Journal manuscript in preparation.

Robins, S. (In preparation). An integrative, systems theory model of emotional intelligence and its application in the workplace. Book manuscript in preparation

Robins, S. (In Preparation). An integrative psychology: Where Eastern and Western psychologies and meet. Journal manuscript in preparation.

Robins, S. (In Preparation). On the domain specificity of wisdom: The learning and transfer of the components of wisdom. Journal manuscript in preparation.

Invited Talks

Robins, S. (August, 2007). Wisdom Therapy: Reducing Anger and Anxiety at Home and at Work. Invited talk at the Humanist Community Forum (<http://www.humanists.org/>) in Palo Alto, California.

Robins, S. (June, 2007). Wisdom Therapy and Resolution of Conflict in Global Interactions, Mercy Center, Burlingame, California.

Robins, S. (January, 2007). Wisdom Therapy and Transpersonal Well-Being, Healing and Health. Invited talk given at the meeting on Transpersonal Health and Healing: World Psychologies of Well-Being, Mercy Center, Burlingame, California.

Robins, S. (August, 2005). Wisdom Therapy: Reducing Anxiety and Anger at Home and at Work. Invited talk given at the European Center for Transpersonal Psychology, London, U.K.

Robins, S. (2004). An Introduction to Wisdom Therapy and its Applications. Invited talk at the meeting of the Board of Trustees for the Institute of Transpersonal Psychology, Santa Cruz, California.

Robins, S. (2004). Wisdom Therapy: Theory, Research, Practice. Talk given as part of the Research Colloquium Series at the Institute of Transpersonal Psychology, Palo Alto, California.

- Robins, S. (May, 2002). National Anxiety Disorders Screening Day: Evaluating risk & symptoms of anxiety and providing resources as part of a free presentation community service given at the Cognitive Therapy Institute.
- Robins, S. (April, 2002). Evaluation of On-line Training Courses. Consulting project lecture reporting the comprehensive research evaluation of outcomes of the on-line training courses at Cadence Design Systems, San Jose, California.
- Robins, S. (2001). Wisdom Therapy: The application of an interdisciplinary concept to clinical treatment. Invited talk given at the Colloquium Series at the Scripps Clinic Division of Mental Health, San Diego.
- Robins, S. (2001). Evolutionary Psychology: Theory and applications to applied settings. Guest speaker at a seminar on Integrative Psychology at the California School of Professional Psychology, San Diego at Alliant University.
- Robins, S. (2000). Wisdom as an integrative, interdisciplinary concept for addressing psychological phenomena. Invited talk given at the Colloquium Series at the California School of Professional Psychology, San Diego.
- Robins, S. (2000). Science and spirituality: Humility as an overlapping theme and the potential for mutual enhancement. Invited talk given at the Eighth Annual Multicultural Fair at the California School of Professional Psychology, San Diego, February 29, 2000.
- Robins, S. (1998). Theories of wisdom and their relation to age and well-being. Guest speaker at a seminar on Gerontology and Aging at the University of California, Irvine.
- Robins, S. (1997). Wisdom: Cognition-emotion interactions, adaptation, life-span development, and human potential. Invited talk given as part of the Psychology and Social Behavior Colloquium Series at the University of California, Irvine.
- Robins, S. (1996). The influence of metaphorical reasoning on the fundamental life pragmatics of wisdom. Talk given at the Max Planck Institute, Berlin, Germany.
- Robins, S. (1995). How and when metaphors influence decision making and their interaction with evolved cognitive mechanisms. Guest speaker at a lecture series in the Anthropology Department of the University of California, Santa Barbara.
- Robins, S. (1994). The field of Cognitive Psychology: Its content, methodology, and statistics. Invited talk given at the University of Virginia, Charlottesville.
- Robins, S. (1993). Active learning versus active responding models: Problem solving and memory evidence for the former in the domain of analogical reasoning. Invited talk given at the cognitive and perceptual sciences talk series at the department of psychology, University of California, Santa Barbara.

Robins, S. (1992). The influence of schema formation on analogical reasoning. Invited talk given at the Sixteenth annual mini-convention of the department of psychology at the University of California, Santa Barbara.

Robins, S. (1989). A new cognitive model of anger and its relation to the reduction of self centeredness across the life-span. Award talk given at Santa Clara University, Santa Clara, California: Winner of the Santa Clara National Competition for Undergraduate Research.

Conference Presentations

Robins, S. (2008, October 29). The Impact of Wisdom on Well-Being and Peace. Organized and Chaired the Symposium at Eurotas (Annual Conference of the European Transpersonal Association), Barcelona, Spain. Presenters included Shani Robins, Ph.D. and his current and alumni students from the Institute of Transpersonal Psychology, Palo Alto, California: Denise Arana, Ph.D. (Online Learning of Mindfulness Meditation), Cirino Zappala, Ph.D. (East-West Differences in Obtaining Well-Being), Maria Bonilla, MFTI (Wisdom Therapy Applied to Children: Raising The Consciousness of Our Future), Rochelle Adams, M.A. Ph.D. Candidate (Wisdom & Mindfulness in Corporations).

Robins, S. (2008, October 29). Wisdom Therapy and its Applications to the Future of Cross-Cultural Interactions, Consciousness, and Conflict. Paper submitted for presentation at Eurotas (Annual Conference of the European Transpersonal Association), Barcelona, Spain.

Robins, S. (2008, August 15). Wisdom Therapy and its Facilitation of Leadership. Presentation at the American Psychological Association. Boston, Massachusetts.

Robins, S. (2008, August 15). Wisdom Therapy: Theory, Research, & Practice. Presentation at the American Psychological Association. Boston, Massachusetts.

Chima, A. & Robins, S. (2008, August 15). Wisdom Therapy and Transpersonal Psychotherapy. Invited Talk at the Division 32 Hospitality Suite of the American Psychological Association. Boston, Massachusetts.

Robins, S. (2008, August 7). Wisdom Therapy and its Relationship to Integral Psychology and Psychotherapy. Paper accepted for presentation at the first annual Integral Theory Conference. San Francisco, California.

Robins, S. (2008, June 6). Wisdom Therapy and its Applications to Conflict Resolution and Cross Cultural Interactions. Paper accepted for presentation at the annual conference of the Association for Humanistic Psychology. Los Angeles, California.

Robins, S. (2008, June 1). Wisdom Therapy: Wisdom Therapy Applied: Reducing the Cognitive Distortions, Fear, and Anger of the Ego While Transcending that Ego. Paper presented at the Conference of the Assembly for Expanded Perspectives on Learning. Mount Madonna, California.

Robins, S. (2008, May 31). Wisdom Therapy: Integrating Mindfulness Meditation, Cognitive-Behavioral Therapy, and Humility Training. Paper presented at the Conference of the Assembly for Expanded Perspectives on Learning. Mount Madonna, California.

- Robins, S. (2007, September). *Wisdom Therapy, Forgiveness, and Preventing Future Conflict*. European Transpersonal Association, Freiburg, Germany.
- Yaslow, M., Robins, S., Morgan, R. (2007). *Third Generation PTSD in the Grandchildren of Holocaust Survivors*. Annual Meeting of the European Transpersonal Association, Freiburg, Germany.
- Robins, S. (2007, August). *Wisdom Therapy, Health, and Healing*. 115th Annual Convention of the American Psychological Association, San Francisco, California.
- Robins, S. (2006, September). *Wisdom and Evolutionary Psychology: Default Mechanisms and Developmental Potential*. Association for Transpersonal Psychology. Palo Alto, California.
- Robins, S. & Kurzban, R. (2006, June). *The Evolution of Metaphor: Evolutionary Primitives as the Source of Metaphor Source Domains*. Presentation at the Human Behavior and Evolution Society. Philadelphia, Pennsylvania.
- Robins, S. & Kurzban, R. (2006, June). *Evolutionary Psychology Meets Clinical Psychology*. Presentation at the Human Behavior and Evolution Society. Philadelphia, Pennsylvania.
- Robins, S. (2006, May). *Wisdom Therapy: Plasticity and Emotion*. Presentation in the 17th Annual Convention of the American Psychological Society, New York, New York.
- Robins, S. (2005, August). *Wisdom Therapy: Theory, Research, and Practice - Where Western and Eastern Traditions Meet*. Presentation at the European Center for Transpersonal Psychology. London, UK.
- Robins, S. (2005, May). *Wisdom Therapy: More Than Emotional Intelligence: Empirical Evaluation of an Interdisciplinary Model*. Presentation in the 17th Annual Convention of the American Psychological Society, Los Angeles, California.
- Robins, S. (2004, August). *Wisdom Therapy in an Interconnected World*. Presentation in the European Transpersonal Psychology Conference. London, UK.
- Robins, S. (2004, July). *Wisdom Therapy: Theory, Research, and Practice*. Presentation in the 112th Annual Convention of the American Psychological Association. Honolulu, Hawaii.
- Robins, S. (2003). *Transpersonal Aspect of Wisdom Therapy*. Presentation at the Convention of the Association for Transpersonal Psychology. Palo Alto, CA.
- Robins, S., Khorsan, R., Meharack, O., and Osborn, D. (2000, May). *Wisdom and Emotional Intelligence: The field of Psychology turns to the positive side of human potential*. Presentation in the 12th Annual Convention of the American Psychological Society, Washington, D.C.
- Robins, S. (1998, May). *Wisdom, adaptation & automaticity as mediating links in the causal chain of cognitive appraisal and emotion*. Presentation in the 10th Annual Convention of the American Psychological Society, Washington, D.C.
- Robins, S. & Wright, C. (1998, May). *The persuasive influence of good and bad metaphors under systematic and heuristic processing*. Poster session presented at the 10th Annual Convention of the American Psychological Society, Washington, D.C.

- Robins, S. & Mayer, R. E. (1997, May). The metaphor framing effect revisited: Additional converging evidence that metaphorical reasoning influences everyday decision making. Poster session presented at the 9th annual meeting of the American Psychological Society, Washington D.C.
- Robins, S., Lickel, B., & Kurzban, R. (1996, June). The misuse of ambiguity for analogical memory retrieval in problem solving. Poster session presented at the 8th annual meeting of the American Psychological Society, San Francisco, CA.
- Robins, S., Babbes, G. & Mayer, R. E. (1995, July). Metaphorical reasoning and its effects on problem solving of dilemmas prevalent in everyday domains. Poster session presented at the 7th annual meeting of the American Psychological Society, New York.
- Robins, S. & Babbes, G. (1995, May). Metaphorical reasoning, problem solving, and creativity. Award presentation given at the conference of Cognitive Models and Creativity, Austin, Texas.
- Robins, S. & Mayer, R. E. (1994, June). A new statistic for the identification and elimination of outliers. Poster session presented at the 6th annual meeting of the American Psychological Society, Washington D.C.
- Robins, M. & Robins, S. (1994, August). Environmental conditions and caregiver dispositions that facilitate the development of high functioning autistic adults. Poster session presented at the annual meeting of the American Psychological Association, Los Angeles, California.
- Robins, S. & Mayer, R. E. (1992, June). The Effects of schema formation on analogical reasoning. Poster session presented at the 4th annual meeting of the American Psychological Society, San Diego, California.
- Robins, S. & Mayer, R. E. (1992). Componential training that improves analogical reasoning. Poster presented at the annual meeting of the American Education Research Association, San Francisco, California.
- Robins, S. & Robins, M. (1989). Cognitive determinants of emotion: Anger reduction as a consequence of self-centeredness reduction. Paper presented at the annual meeting of the International Congress of Psychology, Sydney, Australia.
- Robins, S., Robins, M., & Friedman, L. (1988). A cognitive model of anger prevention. Poster presented at the annual meeting of the Western Psychological Association, San Francisco, California.

Clinical Experience

Dates

President of the Wisdom Therapy Institute
(www.wisdomtherapy.com)

2003-Present

The mission of the Institute for Wisdom Therapy (IWT) is to research and disseminate wisdom related interventions, workshops, and organizational consultation.

The Wisdom Therapy Institute embraces an interdisciplinary approach to the scientific study and clinical and organizational practice of wisdom interventions. The Robins model of wisdom and its corresponding interventions does not replace traditional Psychology and therapy but rather intergrates and builds on over a century of empirical research and clinical practice in the areas of Cognitive Psychology, Lifespan Development, Neuroscience, Clinical Psychology, Evolutionary Psychology, and their applications to applied settings. For example, the current approach acknowledges the considerable evidence for the Diathesis-Stress Model of mental disorders which posits that it seems to take a combination of genetic predispositions combined with environmental stressors to produce the recipe for mental disorders. The current model posits that the acquisition of wisdom across the lifespan provides ways of conceptualizing the world that minimizes stress (anxiety, anger, depression) and additionally provides skills for dealing with stress when it does occur. By diminishing the stress part of the Diathesis model, one deprives the predispositions of mental disorders of their activators and leaves those predispositions unexpressed. This model additionally incorporates into its framework cross-cultural as well as spiritual perspectives and adds a number of new, wisdom related components that help unify this broad based approach to treatment.

At the same time, consistent with a new movement of the American Psychological Association towards Positive Psychology, the goals of Wisdom Therapy is not merely to help individuals deal with dysfunctions of clinical severity, but rather to help every individual and organization actualize their potential. The aim is not to focus on negative dysfunctions alone but rather on positive potential to develop and grow, through which the dysfunctions are ameliorated as a byproduct. The Institute seeks to facilitate the development of wisdom in thought and action, through continuing adult lifespan development of one's thinking, emotional intelligence, interpersonal and family relationships, professional accomplishments, and social interactions. It is through the positive actualization of such system-wide potential that the Institute for Wisdom Therapy aims to assist individuals and organizations, both in attaining the rewards that accompany such growth and development, as well as avoid the costs of psychological and behavioral dysfunctions that stem from a lack of such development.

Psychologist Virtual Reality Medical Center (Palo Alto, CA)
www.vrphobia.com

2003 – 2006

VRMC currently uses virtual reality exposure therapy (3-dimensional computer simulation) in combination with physiological monitoring and biofeedback to treat panic and anxiety disorders. These conditions include specific phobias such as fear of flying, fear of driving, fear of heights, fear of public speaking, fear of thunderstorms, claustrophobia, agoraphobia, social phobia, panic disorder, and posttraumatic stress disorder due to motor vehicle accidents. General stress management and relaxation skills are taught for stress-related disorders.

Virtual reality exposure therapy places the client in a computer-generated world where they "experience" the various stimuli related to their phobia. The client wears a head-mounted display with small TV monitors and stereo earphones to receive both visual and auditory cues.

Scripps Clinic: Division of Mental Health (San Diego, CA)

2000 – 2002

Individual Psychotherapy

Individual psychotherapy at Scripps Clinic outpatient mental health clinic for both managed care and fee for service patients. Diagnostically and Ethnically Diverse clientele: Diagnoses include Depression, Adjustment Disorder, Obsessive-Compulsive Disorder, Alcoholism, Substance Abuse, Affective Disorder and other major DSM IV categories. Ethnic-Racial population includes Caucasion, African-American, Latino, and Asian.

Anger Management

Developed and facilitated an Anger Management Program which included both individual psychotherapy as well as a four week workshop course that implemented a systems wide approach in addressing the multi-facilitated components of anger; including its cognitive, behavioral, physiological, occupational, interpersonal, familial and romantic components.

Depression Management

Developed and facilitated an 8-week group for coping with Depression. The group combines an educational component with process oriented interaction. The cognitive, behavioral, physiological, and interpersonal aspects of depression were addressed, and interventions were tailored to each group member.

Crises Management

Considerable experience with providing on-call mental health services covering San Diego County.

Cognitive Therapy Institute (San Diego, CA)

2000 – 2003

A private practice for the clinical evaluation and treatment of a diverse population of individuals, couples, groups and families (children, adolescents, and adults) with a variety of anxiety psychotic and affective disorders. Additional responsibilities include facilitating educational classes for the community, consultation to businesses and organizations and conducting psychological testing.

Olive Leaf (Los Angeles, CA)

1995 - Ongoing

Developed and implemented educational programs at inpatient facilities for adults with developmental disabilities and dual-diagnosis. Populations' disorders included severe developmental disabilities (Levels 3 & 4), schizophrenia, depression, and physical disorders. In collaboration with their therapists and psychiatrists, I am involved in all aspects of treatment and program structuring.

University of California, Los Angeles (UCLA)

1988-1989

Group Intervention outcome study investigating a new cognitive oriented group intervention for anger and comparing it to Rational Emotive Therapy and Social Learning effects.

University of California, Los Angeles (UCLA)

1988-1989

Neuropsychiatric Institute (NPI)

Research evaluating processing and outcomes of individuals of Schizophrenic populations

Projects in Applied Settings

Dates

Consultant for Domestic Violence Project

1998-1999

This project consisted of a year long collaboration between the Orange County Superior Court, our research team at the University of California, Irvine, and the California Judicial Council. Consulting capacities included evaluating the demographic and behavioral variables associated with the incidence of domestic violence and with the compliance of defendants in court mandated intervention programs.

Consultant for Mental Health Facilities

1995-2002

Consulting for several state licensed, inpatient facilities for adults with developmental disabilities. Consulting responsibilities included developing optimal environmental, social, interpersonal, and educational conditions that would maximize development and facilitate the transitioning of institutionalized clients to independent living.

The priorities of the facilities include the establishment of a nurturing, non conflicted, growth oriented environment and the identification of individual learning needs of each client depending on his learning deficits and personal needs.

Community & Consulting in Industrial-Organizational Psychology

Yahoo

2008

Provided a Wisdom Therapy and Mindfulness Based Stress Reduction Program for Yahoo employees and executives and conducted the outcome research to assess the efficacy of the program. Results demonstrated significant increases in Mindfulness, Humility, well-being, productivity, and loyalty to the company and decreases in anxiety, anger, and stress.

American Express

2008

Currently providing emotional competence workshop for American Express executives aimed at improving Emotional Intelligence and multiple business goals such as productivity and stress reduction.

Cadence Design Systems (April, 2002)

This consulting project included conducting a comprehensive evaluation of the on-line training courses at Cadence Design Systems. I was responsible for developing an instrument to acquire outcome data from the 250 engineers who had taken those courses over a 2-year period, analyze the data, identifying predictor variables for weak and successful course characteristics and individual performance, and recommend changes for future structure of online learning. Invited lecture outlining the results was given in May, 2002 at Cadence Design Systems, San Jose, California.

Service

Board of the Association for Transpersonal Psychology 2008 - Present

- Contributing direction to the field
- Overseeing the Journal of Transpersonal Psychology
- Increasing membership in the association

Institute of Transpersonal Psychology 2003 – Present

ITP Delegate to the National Council of Schools and Programs of Professional Psychology 2008 – Present

Participating in the conference activities, attending committee meetings, and benefit from exposure to information regarding current education, training, and practice issues. Meeting with others investing in graduate training, speaking to the issues ITP is addressing, and sharing ideas for approaching problems.

Faculty Hiring Committee 2007 – 2008

Led effort to revise faculty hire advertising
Developed comprehensive list of over 1000 emails for forwarding ad

Decision Making Group 2008

Group charged with identifying the relevant components relevant to the pursuit of APA accreditation of the Clinical Program
Group met 10 times (50 hours) during Winter Quarter 2008

Stanford-ITP Collaboration on Cystic-Fibrosis Grant 2007 – 2008

- Led the research component of the project.
- Conducted comprehensive literature review and designed and conducted the research for the grant.
- Helped facilitate clinical intervention based on research.
- Created web page to facilitate the research

ITP – Stanford Initiative for an Integrative Health Psychology Program 2008

Spearheading the effort to initiate a new, Masters Degree program that bridges coursework and internship training at both ITP and Stanford University

Initiative 5 2007-2008

Bringing the transpersonal to the community and the world at large
Arthur, Fred, Henry and I
Co-developed a comprehensive plan to facilitate bridging and dissemination of transpersonal research and practice to the community and the world

Providing the Wisdom Therapy Institute as an Practicum Site 2004 – Present

Have trained and am currently training half a dozen practicum

students from both the Ph.D. and M.A. programs in Wisdom Therapy and am supervising their practicum hours.

ITP Colloquium Series Created, developed, and directing the ongoing series of talks at ITP by both ITP Faculty and colleagues in the bay area & academic community	2002 - Present
Chair of ITP Ethics Committee (IRB) Review each dissertation proposal at the university and coordinate the feedback from the members of the Ethics Committee	2003 - 2005
Co-founder and member of the ITP Research Committee Collaborating in organizing ITP's research program Assisting in developing the Teaching & Research Specialization Contributing to developing ITP's Internal Review Board Assisting in the publications of dissertations Directing efforts to provide funds for students and faculty Conference presentations	2003 - Present
Co-Developing, with Olga, the international scholar program	2007 - 2008
Member of the ITP Clinical Committee Contributed to the development of the new Ph.D. Program in Transpersonal Clinical Psychology (TCP) at ITP. Co-developing the Qualifying Exams for the TCP program	2003 - Present
Member of ITP's 5-year Vision Committee	2004 - Present
Contributions to ITP's WASC & APA Accreditation Committee	2003 – 2005
Chaired 7 Completed Ph.D. Dissertation Committees Currently Chairing 5 Ph.D. Dissertation Committees	2003 – Present
Faculty Liaison for the ITP Web Page (www.itp.edu)	2004 – Present
I have written over 30 letters of recommendation and had verbal contact with supervisors for students for internship sites.	2004 - Present
Mentoring students that have tremendous potential but are experiencing professional and personal obstacles in navigating the graduate program	2004 - Present
<u>Cognitive Therapy Institute</u>	2001 - 2003
<ul style="list-style-type: none">Conducted several free workshops for the National Anxiety Disorders Screening Day wherein information was communicated to community members with regards to risk & symptoms of anxiety as well as information with regards to community resources available for dealing with those resources. Presentation was made at the Cognitive Therapy Institute in San Diego, California, 2002.	

California School of Professional Psychology

1998 - Present

- Co-spearheading the effort to develop the Center for Integrative Psychology as well as the Emphasis Area for Integrative Psychology within the Ph.D. and Psy.D. programs at CSPP, Alliant University. The program is titled Integrative Psychology and subsumes previously separate programs under a unified umbrella that motivates an interdisciplinary approach to psychological science and services.
- Developing the online global hub for integrative psychology (www.integrativepsychology.net).
- Initiating and directing meetings for outlining the short and long term clinical and research goals of the CIP, and managed CIP members towards the attainment of those goals.
- Served on 10 Ph.D. and Psy.D. Committees in the California School of Professional Psychology, San Diego at Alliant University.
- One of three key-note speakers in the Eighth Annual Multicultural Fair at the California School of Professional Psychology, San Diego, February 29, 2000.
- Contributions for facilitating re-accreditation of the Ph.D. and Psy.D. clinical programs of the California School of Professional Psychology, San Diego.

Scripps Clinic

2000-2002

- Initiated, organized, and implemented new methods for organization-wide dissemination of information regarding Scripps Clinic Services. New Program added considerable visibility to existing programs and initiated the development of new programs.

University of California, Irvine

1997-1999

- Mentor for the Undergraduate Research Program at the University of California, Irvine.

Assessment Proficiency

MMPI-2	Minnesota Multiphasic Personality Inventory-2
WAIS	Wechsler Adult Intelligence Scale - Third Edition
Rorschach	Rorschach Inkblot Projective Test
TAT	Thematic Apperception Test
WISC	Wechsler Intelligence Scale for Children - Third Edition
WIAT	Wechsler Individual Achievement Test
K-TEA	Kaufman Test of Educational Achievement
K-FAST	Kaufman Functional Academic Skills Test
Bender	Bender Visual Motor Gestalt Test
Draw a Person	Human Figure Drawing Test
Family	Family Kinetic Drawings Test
BA	Behavioral Assessment Protocol

Organizational Assessment Proficiency

Personality Testing
Organizational Surveys
Performance Appraisal

Diagnostic Proficiency

DSM-IV-R Diagnostic and Statistical Manual of Mental Disorders - Fourth Edition

Honors, awards, scholarships, fellowships, assistantships, extracurricular activities:

Organization	Date
Candidate for the New Investigator Award Human Behavior and Evolution Society (HBES)	2006
Bay to Breakers Long Distance Run (San Francisco)	2004
Listed in Strathmore's Who's Who	2002
Service Award - Multicultural Fair, CSPP-San Diego	2000
San Diego Marathon (26.2 mile course)	2000
Mentor for Undergraduate Research Award University of California, Irvine	1999
North American Region Adverse Conditions Challenge 36 hour nonstop field exercise of nature survival skills	1998
NIH Postdoctoral Fellowship University of California, Irvine.	1997 - 1999
Conference Travel Grant Award, from the University of California, Santa Barbara Graduate Division	1995
Graduate Student Research Competition Award from Conference on Models and Creativity	1995
University of California Scholars Exchange Program University of California, Berkeley	1994-1995
Graduate Fee Fellowship, UCSB Graduate Division	1994-1995
Graduate Dissertation Fellowship, UCSB Graduate Division	1994
Conference Travel Grant Award, from the University of California, Santa Barbara Graduate Division	1994
American Psychological Society Conference Travel Award UCSB Graduate Division	1994
Graduate Fee Fellowship, UCSB Graduate Division	1993 - 1994
National Science Foundation: Honorable Mention	1991 - 1992

Graduation from UCLA with highest departmental honors	1989
First Place in the National Competition for Undergraduate Research representing UCLA – Undergrad Honors Thesis	1989
Reestablished and was the primary officer for the UCLA Psychology Honors Society chapter of Psi Chi	1988
First place at the Los Angeles open chess tournament	1984
Bronze medal: Member of the six person team representing my high school at the Academic Decathlon	1984